

AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

LISTING OF CLAIMS:

Claims 1-9 (Canceled).

Claim 10 (Currently Amended): A composition comprising a medium chain triglyceride ~~The regulator for the amount of body fat as claimed in claim 1,~~ wherein 90% by mass or more of fatty acids constituting medium chain triglycerides are comprised of saturated fatty acids having 8 and 10 carbon atoms, the ratio by mass of the saturated fatty acids having 8 carbon atoms to the saturated fatty acids having 10 carbon atoms is 70:30 to 80:20, and the saturated fatty acids having 8 carbon atoms is present in an amount of 65 to 80% by mass of the total fatty acids bonded to the triglycerides at the 2-position; and wherein said composition decreases the amount of body fat.

Claim 11 (Currently Amended): A method for regulating the amount of body fat in a subject having a BMI value of 23 or more and controlling the accumulation of body fat on said subject, comprising ~~the step of~~ administering a regulator for the amount of body fat, which comprises a medium chain triglyceride in an amount of 40% by mass or more, ~~to those having a BMI value of 23 or more and controlling the accumulation of body fat of them.~~

Claim 12 (New): The composition as claimed in claim 10, wherein the medium chain triglyceride is contained in an amount of 5% by mass or more.

Claim 13 (New): The composition as claimed in claim 10, further comprising an animal and vegetable oil.

Claim 14 (New): The composition as claimed in claim 10, further comprising vitamin E.

Claim 15 (New): The composition as claimed in claim 10, further comprising a phytosterol.

Claim 16 (New): A method for regulating the amount of body fat in a subject having a BMI value of 23 or more and controlling the accumulation of body fat on said subject, comprising administering the composition as claimed in claim 10.

Claim 17 (New): A food product for regulating the amount of body fat, comprising the composition as claimed in claim 10.

Claim 18 (New): The food product for regulating the amount of body fat as claimed in claim 17, which is in the form of an edible oil, mayonnaise, margarine, prepared margarine, fat spread, dressing, bread, ice cream, cream, confection, doughnut, muffin, scone, or deep-fried food.